



FOREVERWELL May 2024

APPLE CREEK | ymcafoxcities.org

MON	TUE	WED	THU	FRI
		1 Lunch & Learn NOON-1:00 PM: WPR	2	3
6	7 Lunch & Learn NOON-1:00 PM: WPR FREE Pizza Party thanks to Primrose Retirement	8	9	10 \$ Foot Care Clinic 9AM-4PM: WPR
13	14 Functional Living 10:30-11:30 AM: WPR	15	16	17
20	21 Garden Clean Up! 9-10:30 AM: Garden	22	23	24 \$ Chef Shelly 11AM-12:30PM: WPR
27 CLOSED For Memorial Day	28	29 National Senior Health & Fitness Day! Blood Pressure Screening 8-10:00AM: FL	30	31

FOREVERWELL is an ever-expanding set of Y programs and activities designed exclusively for adults ages 55+. In addition to physical health, we aim to deepen social engagement between the Y and our community.

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FITNESS KEY

\$ - Paid Classes

BOLD—Registration Required

ROOM KEY

WPR: White Pine Room

ROR: Red Oak Room

FL: Front Lobby

NSR: Nature Study Room

CLASS REGISTRATION

Any class with a '\$' indication, means a cost and registration is required. Registration can be completed online, or at any YMCA of the Fox Cities membership services desk.

CLASS DESCRIPTIONS

Lunch & Learn: Edna Ferber: Christine Williams of the Appleton Historical Society will discuss Edna Ferber, one of America's most successful writers in the first half of the 20th century. Notable works include Showboat, Cimmaron and Giant. Ferber won the Pulitzer for "So Big" in 1925.

Lunch & Learn: Fox River Locks: Christine Williams of the Appleton Historical Society will give a presentation on the history of the Fox River locks system. The locks were built beginning in the late 1840s allowing navigation from the Great Lakes to the Mississippi River. Learn how the hand-operated lock works, the lives of the lockmaster who lived with their family in government-owned houses adjacent to the locks, and the fight to preserve the system which led to the transfer of the locks from the U.S. Army Corps of Engineers to the State of Wisconsin in 2005. *FREE PIZZA PARTY thanks to Primrose Retirement of Appleton*

\$ Foot Care: Monthly podiatry care can be scheduled by calling Valley VNA directly at 920.727.5555.

\$ Chef Shelly: Put your cooking hats on! Join Chef Shelly in her series of cooking classes, expand your palate and cook something new.

Functional Living: Do you want your home to feel more functional & supportive, but don't know where to begin? We'll walk you through an easy process of how to enjoy your home and "Live in Place".

Garden Clean Up: WE ARE LOOKING FOR YOUR HELP! Dreaming of daffodils? Spring is here! Enjoy the outdoors and join us for a garden clean up day! Please bring gloves & boots, and dress for the weather! Meet at the Garden!

Blood Pressure Screening: Celebrate National Senior Health & Fitness Day with a free blood pressure screening from Hometown Pharmacy.